

1 AN ACT concerning education.

2 WHEREAS, Regular physical activity is associated with a
3 healthier, longer life and a lower risk of cardiovascular
4 disease, high blood pressure, diabetes, obesity, and some
5 cancers; and

6 WHEREAS, Physical activity offers young people many health
7 benefits, including improved aerobic endurance and muscular
8 strength, better weight control, and the opportunity to build
9 lean muscle and bone mass and reduce fat; and

10 WHEREAS, Physically fit children have higher scholastic
11 achievement, better classroom behavior, a greater ability to
12 focus, and less absenteeism than their physically unfit
13 counterparts; and

14 WHEREAS, One important way to stop this rise in childhood
15 obesity is by establishing lifelong physical activity habits
16 with strong physical education programs and regular physical
17 activity opportunities in our nation's schools, both during and
18 outside of the regular school day; and

19 WHEREAS, The Enhance Physical Education Task Force,
20 established by Public Act 97-1102, recommended enhancing
21 physical education to increase the amount of time students
22 spend in moderate to vigorous physical activity, with an

1 emphasis on fitness, skill-building, and cooperation;
2 therefore

3 **Be it enacted by the People of the State of Illinois,**
4 **represented in the General Assembly:**

5 Section 5. The School Code is amended by adding Section
6 27-6.5 as follows:

7 (105 ILCS 5/27-6.5 new)

8 Sec. 27-6.5. Physical fitness assessments in schools.

9 (a) As used in this Section, "physical fitness assessment"
10 means a series of assessments to measure aerobic capacity, body
11 composition, muscular strength, muscular endurance, and
12 flexibility.

13 (b) To measure the effectiveness of State Goal 20 of the
14 Illinois Learning Standards for Physical Development and
15 Health, the State Board of Education shall require all public
16 schools to use, during the 2016-2017 school year and every
17 school year thereafter, a physical fitness assessment and
18 report fitness information to the State Board of Education, as
19 set forth in subsection (e) of this Section, to assess student
20 fitness indicators.

21 Public schools shall integrate health-related fitness
22 testing into the curriculum as an instructional tool, except in
23 the early elementary grades. Fitness tests must be appropriate

1 to students' developmental levels and physical abilities. The
2 testing must be used to teach students how to assess their
3 fitness levels, set goals for improvement, and monitor progress
4 in reaching their goals.

5 (c) On or before October 1, 2014, the State Superintendent
6 of Education shall appoint a 15-member stakeholder and expert
7 task force, including members representing organizations that
8 represent physical education teachers, school officials,
9 principals, health promotion and disease prevention advocates
10 and experts, school health advocates and experts, and other
11 experts with operational and academic expertise in the
12 measurement of fitness. The task force shall make
13 recommendations to the State Board of Education on the
14 following:

15 (1) protocols for implementing a physical fitness
16 assessment in all public schools, including how often
17 physical fitness assessments must occur and how physical
18 fitness assessments must be conducted;

19 (2) how often physical fitness assessment data must be
20 aggregated and reported to the State Board of Education;
21 and

22 (3) how physical fitness assessment data must be
23 reported to the public, including potential correlations
24 with student academic achievement, attendance, and
25 discipline data, and recommended uses of the reported data.

26 The State Board of Education shall provide administrative

1 and other support to the task force.

2 The task force shall submit its recommendations on physical
3 fitness assessments on or before April 1, 2015. The task force
4 may also recommend protocols for assessing student progress on
5 State Goals 19 and 21 through 24 of the Illinois Learning
6 Standards for Physical Development and Health. The task force
7 is dissolved on April 30, 2015.

8 The provisions of this subsection (c), other than this
9 sentence, are inoperative after March 31, 2016.

10 (d) On or before October 1, 2015, the State Board of
11 Education shall use the recommendations of the task force under
12 subsection (c) of this Section to adopt rules for the
13 implementation of physical fitness assessments by each public
14 school for the 2016-2017 school year and every school year
15 thereafter.

16 (e) On or before September 1, 2016, the State Board of
17 Education shall, by rule, develop a system for collecting and
18 reporting the aggregated fitness information from the physical
19 fitness assessments. This system shall also support the
20 collection of data from school districts that use a fitness
21 testing software program.

22 (f) School districts may report the aggregate findings of
23 physical fitness assessments by grade level and school to
24 parents and members of the community through typical
25 communication channels, such as Internet websites, school
26 newsletters, school board reports, and presentations.

1 (g) Nothing in this Section precludes schools from
2 implementing a physical fitness assessment before the
3 2016-2017 school year or from implementing more robust forms of
4 a physical fitness assessment.

5 Section 99. Effective date. This Act takes effect upon
6 becoming law.